

# **GROWING UP IN POVERTY**

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# **CHAPTER I**

## **INTRODUCTION**

### **1.1 Background**

Growing up in poverty is a complex and pervasive issue that has long-lasting impacts on the lives of millions of children worldwide. The cycle of poverty can be especially difficult to break, as it often perpetuates across generations, trapping families in a vicious cycle of disadvantage. Children growing up in poverty often face numerous challenges that impact their physical, emotional, and cognitive development. The stress and anxiety resulting from financial instability and inadequate living conditions can have profound effects on their overall well-being.

For children living in poverty, access to quality education is often limited, leading to a lack of opportunities for personal and intellectual growth. Inadequate resources and overcrowded classrooms can hinder their ability to learn and succeed academically. Moreover, poverty can create a cycle of disadvantage that is difficult to break. Children born into impoverished families may not have the same access to opportunities and resources as their more affluent peers, perpetuating a cycle of generational poverty. The effects of growing up in poverty extend beyond childhood, impacting individuals throughout their lives and contributing to social and economic inequalities. Addressing the struggles of poverty-stricken children demands collaborative efforts from governments, communities, and organizations, offering support, resources, and pathways to a brighter future.

In addition to the challenges faced by children growing up in poverty, the lack of proper healthcare and nutrition can have detrimental effects on their physical well-being. Malnutrition and untreated illnesses can lead to weakened immune systems, stunted growth, and a higher susceptibility to diseases. The combination of inadequate living conditions and limited access to healthcare facilities can exacerbate health disparities, perpetuating a cycle of ill health and poverty. These health challenges further hinder their ability to break free from the grip of poverty and reach their full potential.

## CHAPTER II

### CONTENT

#### 2.1 Definition

Poverty is a multi-faceted phenomenon, encompassing not only a lack of financial resources but also limited access to education, healthcare, and other essential services. Furthermore, poverty encompasses the inability to participate fully in society and access opportunities that can lead to upward social and economic mobility. This wide-ranging deprivation perpetuates cycles of disadvantage and makes it crucial to address poverty through comprehensive and targeted solutions that uplift vulnerable populations and create a more inclusive society.



Moreover, poverty entails an unequal distribution of opportunities, hindering upward social and economic mobility for those affected. Individuals in poverty often face barriers to obtaining better employment, housing, and social standing, perpetuating cycles of disadvantage across generations. This creates a vicious cycle where poverty becomes entrenched, making it difficult for individuals and families to escape its grasp.

To combat the far-reaching impacts of poverty, comprehensive and targeted solutions are required. These solutions should encompass efforts to provide access to quality education, healthcare, and social support. Additionally, it necessitates creating an environment that promotes inclusivity and equal opportunities for all members of society, irrespective of their

socioeconomic background. By addressing the root causes of poverty and implementing effective interventions, we can work towards breaking the cycle of deprivation and creating a more equitable and prosperous future for everyone.

## **2.2 Causes of Poverty**

It often stems from systemic and structural issues such as unequal distribution of resources, lack of access to quality education and healthcare, limited job opportunities, and discrimination based on ethnicity, gender, or social class. Economic factors like unemployment, inflation, and economic downturns can also cause poverty. These factors perpetuate the cycle of poverty and hinder individuals and communities from escaping its grip. Addressing the root causes of poverty is essential to create lasting change and uplift those affected by this widespread issue.

Addressing poverty requires comprehensive policies and interventions that focus on promoting economic growth, providing access to education and healthcare, combating discrimination, and creating opportunities for social and economic mobility. By addressing these root causes and working towards a more equitable and inclusive society, we can begin to break the cycle of poverty and improve the well-being of those affected.

## **2.3 Effects of Poverty**

Poverty has far-reaching effects on individuals, families, and societies. Here are some of the effects such as leading to malnutrition, limited access to healthcare, chronic stress, and barriers to education and economic mobility. In rare instances, growing up in poverty may lead individuals to appreciate simple joys and display remarkable creativity in finding solutions to challenges. However, these positive aspects do not outweigh the significant hardships and disadvantages that poverty brings.

Growing up in poverty can have negative effects on children, such as facing health problems due to inadequate nutrition and limited access to healthcare. Emotional stress and a sense of hopelessness can be prevalent due to constant financial insecurity and adverse living conditions. These effects underscore the urgency of addressing poverty and providing support systems to break the cycle and improve the well-being of impoverished children.

## **2.4 Solution to Poverty**

The solution to growing up in poverty involves providing access to quality education, healthcare, and economic opportunities, along with implementing social support systems to break the cycle of poverty and create a more equitable society. Another solution to help children

in poverty is to improve their schools. By providing free meals, school supplies, and transportation, and offering after-school programs and tutoring, we can support their learning and personal development, giving them a better chance for the future.

Furthermore, promoting gender equality and empowering women is essential in reducing poverty. Equal access to education, economic opportunities, and reproductive healthcare can lead to improved outcomes for women and their families. Ensuring access to affordable and safe housing can also reduce homelessness and improve living conditions for those living in poverty. Housing policies and programs that cater to low-income families can create stable living environments. Increasing financial inclusion, sustainable development practices, strengthening governance, and reducing corruption are additional solutions that contribute to poverty reduction.

## **CHAPTER III**

### **CONCLUSION**

#### **3.1 Conclusion**

In conclusion, growing up in poverty is a complex issue with long-lasting impacts on children's lives. Poverty encompasses more than just a lack of financial resources, it also restricts access to education, healthcare, and other essential services, perpetuating cycles of disadvantage. The challenges faced by children living in poverty, such as limited opportunities for personal and intellectual growth, underscore the urgency of addressing this multifaceted problem.

Collaborative efforts are needed to provide support and resources for a brighter future, addressing its root causes. By improving schools and offering access to education, healthcare, and economic opportunities, we can empower children in poverty and create a more equitable society. Investing in quality education, affordable healthcare, social safety nets, and economic opportunities can empower impoverished children and create a more inclusive and equitable world for generations to come.